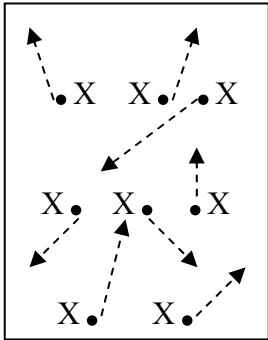
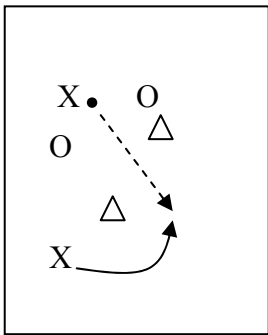
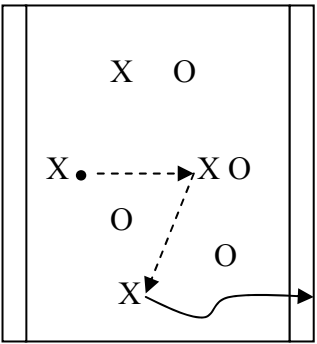
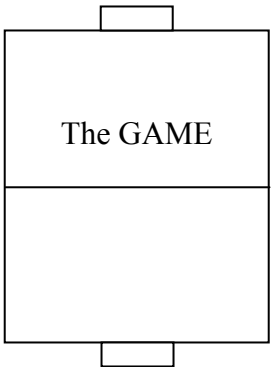


Topic: **U8 Practice Session**

Organization	Variations	Diagram	Coaching Points
<b>Fundamental</b>			
<p>Technical dribbling. Each player with a ball (20 x 30 area). Stretch.</p>	<ul style="list-style-type: none"> <li>▪ Keep it innovative, realistic and fun.</li> <li>▪ Implement right foot only, left foot only, turning, Coerver moves, etc.</li> <li>▪ Add disc cones to the area. Count [individually] how many they can do in a minute. Alternate feet and repeat.                             <ul style="list-style-type: none"> <li>✓ Dribble at a cone and turn</li> <li>✓ 360 degree turns around cones</li> <li>✓ Figure eights around 2 cones</li> </ul> </li> <li>▪ Add one, two and then three defenders to the area for pressure. If a defender wins the ball, the players reverse roles.</li> </ul>	 <p style="text-align: center;">20 yds.</p>	<ul style="list-style-type: none"> <li>✓ Ball mastery, control and skill</li> <li>✓ Contact surfaces of the foot (inside, outside, sole, heel, etc.)</li> <li>✓ Develop change of speed and direction</li> <li>✓ Body shape, mobility and balance</li> </ul>
<b>Match Related 1</b>			
<p>1 v 1, 2 v 2 exercise to one central goal (20 x 30 area). Begin 1 v 1 and then progress to 2 v 2. Coach (C) distributes the balls.</p>	<ul style="list-style-type: none"> <li>▪ If the ball goes out of bounds, rotate new players from the sidelines. The coach begins play with another ball.</li> <li>▪ To score, a team must dribble or pass through the central goal and keep possession. Award (1) point to dribble through and (2) points to pass through to a teammate.</li> <li>▪ When a team scores, they stay on. Play is continuous to points or time.</li> </ul>	 <p style="text-align: center;">C 20 yds.</p>	<ul style="list-style-type: none"> <li>✓ Keep your head up while maintaining vision of the ball, players and field</li> <li>✓ Shielding – spatial awareness, body position and balance</li> <li>✓ Confidence to dribble or pass to a teammate</li> <li>✓ Verbal and visual communication</li> </ul>

## Topic: U8 Practice Session

<b>Match Related 2</b>			
<p>4 v 4 game to two end zones (30 x 40 area). Define direction for each team.</p>	<ul style="list-style-type: none"> <li>To score, the attacking team must dribble into the end zone area and keep possession. Award (1) point to dribble into the zone and (2) for a pass into the zone to a teammate. Note: the pass should enter the zone before the player.</li> <li>Rotate players (teams) accordingly.</li> <li>If necessary, and to encourage players to spread out, add two balls to the exercise.</li> </ul>	 <p>40 yds.</p> <p>30 yds.</p>	<ul style="list-style-type: none"> <li>✓ Awareness of space and time – speed of thought</li> <li>✓ Team transition – support the ball in possession, defend behind the ball when not in possession</li> <li>✓ Encourage creative and instinctive play</li> <li>✓ General decision making</li> </ul>
<b>Match Condition</b>			
<p>4 v 4 game to two small goals (30 x 40 area). No goalkeepers. Define direction for each team.</p>	<ul style="list-style-type: none"> <li>Possible formation: Diamond shape.</li> <li>No restrictions.</li> </ul>	 <p>40 yds.</p> <p>30 yds.</p>	<ul style="list-style-type: none"> <li>✓ Keep it FUN!</li> <li>✓ All of the above</li> </ul>
<b>Cool Down</b>			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> <li>Focus on major muscle groups.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Reduce Heart Rate</li> <li>✓ Static Stretching</li> <li>✓ Review Session</li> </ul>